

Driving Yourself to Distraction



The Three Forms of Distractions

➤ Physical

- Cause you to take your eyes off the road or your hands off the controls.
- Examples: eating, drinking, adjusting controls

➤ Mental

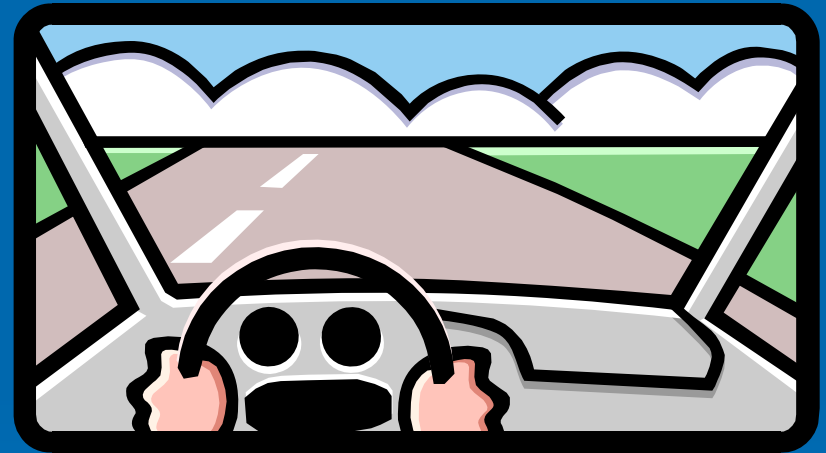
- Cause you to take your mind off driving.
- Examples: talking on a hands-free device, talking to your passengers, daydreaming

➤ Combined

- Has both physical and mental elements.
- Examples: changing a CD, dialing your cell phone

Signs You May Be Driving Distracted

- Your passengers scream or gasp because of something you did or did not do.
- You unintentionally run a stop sign.
- You slam on your brakes because you didn't see the car in front of you stop.
- You can't remember driving from one place to another.



10 Ways to Pay More Attention and Be Safe

1. Adjust seat positions, climate controls, sound systems, and other devices before you leave or while you are stopped.
2. Learn how your controls work, so if you must make an adjustment, you'll be less distracted.
3. Use presets for radio and climate controls or have your passenger assist you.
4. Stop to eat or drink.
5. Pull over to a safe place to make or take a call.

More Ways

6. Don't get caught up in emotional, intense, or complicated conversations while driving.
7. Read road maps and check traffic conditions before you leave.
8. Don't use mirrors for personal grooming while the car is in motion.
9. Pull over to care for children.
10. Transport pets in a pet carrier or use a pet restraint system.

Drive Focused and Stay Safe on the Road

- Safe driving practices require that you constantly search the roadway ahead for situations that could require you to take quick action.
- Recognize that driving requires your full attention. Driver focus is critical to anticipating and avoiding crashes.



*“Drive As If Your Family Were
In The Other Car.”*

